# *SYNOPSIS*

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FACULTY OF SOCIAL SCIENCES, L. N. MITHILA UNIVERSITY
KAMESHWARNAGAR, DARBHANGA

**TOPIC ENTITLED**

# INFLUENCE OF RESILIENCE AND GRATITUDE ON PSYCHOLOGICAL WELL – BEING: A STUDY OF UNDERGRADUATES WITH REFERENCE TO L. N. MITHILA UNIVERITY, INDIA


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## INFLUENCE OF RESILIENCE AND GRATITUDE ON PSYCHOLOGICAL WELL – BEING: A STUDY OF UNDERGRADUATES WITH REFERENCE TO L. N. MITHILA UNIVERITY, INDIA

## INTRODUCTION

After reviewing the formulation of problem, it has been observed that various studies conducted on different aspect of psychology but none of the studies have been found on the problem entitled "Influence of resilience and gratitude on psychological well being with special reference to undergraduates those who are studying in different constituent and affiliated colleges of L. N. Mithila University, Darbhanga. Hence, the proposed research topic is aimed at studying the influence of resilience and gratitude (Independent Variables) on Psychological well – being (dependent Variable). Here we will define the each variable in the context of research proposal that are as follows:

**Psychological wellbeing:**

It is a subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry etc. It emphasizes positive characteristics of growth and development. *Mc Culloch (1991)* has shown that satisfaction, morale, positive affect, social support etc, are the indicators of psychological well-being. A person high in psychological well-being not only carries higher level of life satisfaction, self-esteem, positive feelings, and attitudes, but also manages tensions,



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negative thoughts ideas and feeling more efficiently. The psychology of well-being aims to help people live more rewarding lives including close relationships, responsibilities to one's community and enjoyment of one's life. Thus, the present enquiry is planned to study resilience and gratitude in relation to Psychological Well – being among undergraduates particularly those who are studying in different constituent and affiliated colleges of L. N. Mithila University Darbhanga

**Gratitude:**

Gratitude is defined asan ability to identify and appreciate the benefits gained from others and a yearning to respond with positive actions. Basically, gratitude guides students to have an elevated level of life satisfaction, which further increases the the learner's academic performance (Clarkson, 2020; Diener & Emmons, 1984) and helps maintain a positive mindset when facing various challenges (Listiyandini, 2018).

It is indeed that scholars are are increasingly aware that students need to be skillful in controlling their cognition in dealing with their learning challenges, *maintaining focus, and reducing stress (Duckworth & Allred, 2012; Wilson, 2016).* A growing number of studies have been found that there is a link between gratitude and human psychological well – being (Duckworth, Steen, & Seligman, 2005; Lazarus & Lazarus, 1994; Emmons & McCullough, 2003; Watkins, Cruze, Holben & Kolts, 2008; Wilson, 2016)

Having scanned the extensive literature available, the present investigator has planned at studying the undergraduates' psychological well being in relation to gratitude which has not been investigated yet with particular reference to L. N. Mithila University, Darbhanga. Hence the variables undertaken for the present proposed research work is of utmost value. Another important variable which has been undertaken for the present piece of research work is "Resilience" which has also been planned to see the relation with psychological well being.

**Resilience:**

The American Psychological Association defines resilience as the process of adjusting when facing difficulty or stress. Masten et al (1990) defined resilience as the process and consequence of successful adaptation regardless of challenging situations.



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Further Masten (2001) stated that resilience had been defined as good outcomes despite severe threats to transformation or development. Moreover, from a longitudinal perspective, resilience is well defined as the ability to bounce back from hardship and go on with life. Resilient individuals will have the capacity to respond flexibly and effectively when facing a difficult situation (Reivich & Shatte, 2002). In sum, resilience is a skill to overcome any difficulties or challenging problems that create stress, as the person can bounce back and continue in their lives and grow Basically, in the educational context resilience is the skill to succeed academically despite tricky situations. Thus, the present proposed research work is aimed at studying the resilience in relation to psychological well being, which may fill the void of knowledge in area concerned.

## Review of Literature:

Having extensive reviewed the literature on such phenomena which has been undertaken in the present proposed research work, viz., gratitude, resilience and psychological well being, it has been observed that various studies have been found but in Indian context none of the studies have been found so far. Hence, the proposed research work has been planned to study the influence of resilience and gratitude in relation to psychological well being among undergraduates of L. N. Mithila University, Darbhanga, India.

### Psychological well being:

Before describing the psychological well-being, it is pertinent to take a quick glimpse on simply well-being. Well-being is one of the most important goals, for which individuals as well as society strive. The term denotes that something in a good state. The word well-being is mostly used for specific variety of goodness, for example, living in a good environment, being of worth for the world, being able to cope with life, enjoying life, etc. So many terms have been used as synonymously and interchangeably for well-being such as happiness, satisfaction, positively affect, positive mental health and quality of life etc. Well-being defined as a dynamic state characterized by a reasonable amount of harmony between an individual's abilities, need and expectations and environmental demands and opportunities (Levi, 1987). It involves subjective satisfaction and individual pleasure depending upon psychological status of the individual and his environmental



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conditions. Ryff and Keyes (1995) argued that self-acceptance, positive relations with other, autonomy, environmental mastery, purpose in life and personal worth, well-being and absence of ill being are the aspects of health.

Psychological well being is a multidimensional concept. After factor analysis it was revealed that cheerfulness, optimism, playfulness, self-control, a sense of detachment and freedom from frustration, anxiety and loneliness are indicators of psychological well-being (Tellegen, 1979 and. Sinha and Verma, 1992). Mc Culloch (1991) has shown that satisfaction, morale, positive affect, social support etc, are the indicators of psychological well-being. A person high in psychological well-being not only carries higher level of life satisfaction, self-esteem, positive feelings, and attitudes, but also manages tensions, negative thoughts ideas and feeling more efficiently. The psychology of well-being aims to help people live more rewarding lives including close relationships, responsibilities to one's community and enjoyment of one's life. Psychological wellbeing is a subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry etc. It emphasizes positive characteristics of growth and development.

Gratitude:

It is worth mentioning that gratitude closely correlates with human / psychological well – being, particularly positive emotion, attitude, habits, and tendency to pro social behaviour . An important research from Diener (2000) and Shimmack (2003) have found and claimed that well – being involves cognitive affective components, evaluating one's life positively and experiencing more positive than negative emotions. Gratitude also enhances positive feelings for self and maintains a positive mindset when facing various challenges that improve appreciation of self. It is imperative to mention that people with grateful feelings also widen their social connections with others (Fredrickson, 2004). Moreover, various studies on gratitude have been conducted so far but none of the studies conducted in relation to psychological well – being among undergraduates with particular reference to L. N. Mithila University, Darbhanga, hence, the proposed research endeavour is of immense value.



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**Resilience:**

An important independent variable viz., resilience has also undertaken to study the influence of resilience on psychological well = being among undergraduates of L. N. Mithila university, Darbhanga. Few studies have also claimed that resilience lets students cope with various stresses and problems ahead of study life and eventually avoid the psychological distress that may affect their mental and physical health in negative ways (Listiyandini, 2018). In fact, to enhance resilience among students who come from various backgrounds, it is essential to understand their backgrounds, such as families, organizations, communities, and cultures (Southwick et al., 2014). They also claimed that one of the essential thingsthat can be done to enhance resilience is promoting healthy family and community environments, which may allow the individuals to have natural defense systems to build and operate effectively and correctly. Meanwhile, some othr previous researchers studied the relationship between resilience and psychological well – being among university graduates as a whole, not only focusing on specific programmes. Ths is done because the challenges faced by university students are generally similar. One of the important studies by Archana and Singh (2014) and Panchal et al. (2016) have also found positive and significant relationship between resilience and psychological well – being. It is because of the fact that a healthy family and community environment is a supportive family and community that provides emotional support, economic well – being and increases overall health.

Having reviewed he survey of literature on the phenomena, it was observed that very meager number of study are available so, it has been planned to study the influence of resilience and gratitude on psychological well – being with special reference to undergraduates who re engaged in pursuing higher education in different constituent and affiliated colleges of L. N. Mithila University, Darbhanga, India.

## IMPORTANCE OF THE PRESENT PROPOSED STUDY:



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The present endeavor is aimed at studying the influence of resilience and gratitude on psychological well – being among undergraduates with particular reference to L. N. Mithila University students. After reviewing the research literature it has been observed that there is a need to pursue a study on undergraduates' Psychological Well – Being in relation to resilience and gratitude with reference to L. N. Mithila University, Darbhanga, India.. It is because of the fact that still the phenomena undertaken in proposed research work leading to the PhD degree has not been extensively studied on psychological well – being in relation to resilience and gratitude among undergraduates and still remain unexplored area and warrants the investigator to probe because of its greater significance in changing scenario and from the point of view of evolving suitable strategies based on findings and give meaningful suggestions in order to maintain the psychological well being among undergraduates and here is a need to improve undergraduates' resilience so that they can improve their psychological well – being. Thus the present proposed research work is of utmost value not only in Indian scenario but entire nations of the world too.

## OBJECTIVES OF THE PRESENT RESEARCH

The following broad objectives are as follows:

- To study the relationship between Resilience and Psychological Well – Being among Female Undergraduates of L. N. Mithila University, Darbhanga, India
- To study the relationship between Resilience and Psychological Well – Being among Male Undergraduates of L. N. Mithila University, Darbhanga, India
- To study the relationship between Gratitude and Psychological Well – Being among Female Undergraduates of L. N. Mithila University, Darbhanga, India.
- To study the relationship between Gratitude and Psychological Well – Being among Male Undergraduates of L. N. Mithila University, Darbhanga, India.
- To study the mean difference of Resilience among Male and Female Undergraduates of L. N. Mithila University, Darbhanga, India

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- To study the mean difference of Gratitude among Male and Female Undergraduates of L. N. Mithila University, Darbhanga, India
- To study the mean difference of Psychological Well - Being among Male and Female Undergraduates of L. N. Mithila University, Darbhanga, India

**Hypotheses of the Present Research:**

On the basis of the broad objectives of the proposed research endeavor, the following tentative hypotheses have been formulated:

- There will be no relationship between Resilience and Psychological Well - Being among Male Undergraduates of Mithila University, Darbhanga, India
- There will be no relationship between Resilience and Psychological Well - Being among Female Undergraduates of Mithila University, Darbhanga, India
- There will be no relationship between Gratitude and Psychological Well - Being among Male Undergraduates of Mithila University, Darbhanga, India
- There will be no relationship between Gratitude and Psychological Well - Being among Female Undergraduates of Mithila University, Darbhanga, India
- There will be no mean difference of Resilience among Male and Female Undergraduates of L. N. Mithila University, Darbhanga, India
- There will be no mean difference of Gratitude among Male and Female Undergraduates of L. N. Mithila Universiy, Darbhanga, India.
- There will be no mean difference of Psychological Well – Being among Male and Female Undergraduates of L. N. Mithila Universiy, Darbhanga, India

**RESEARCH METHODOLOGY**

**Sample:**



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To carry out the proposed research, it has been decided that near about five hundred respondents is likely to be selected which comprises Male (n=250) and Female (n=250) and in total (N=500) undergraduates from different constituent and affiliated colleges of L. N. Mithila University, Darbhanga.

**Tools and Materials Used**

1. For measuring undergraduates' psychological well - being, a scale developed by Ryff (1995) is likely to be used and other similar scale is aslso likely to be used depending upon the availability of the scale. It is standardized scale which consisted of 42 items were designed to measure six theoretically motivated constructs of psychological well – being, which are as follows:

1. **Autonomy:** This refers to independence and self determination
2. **Environmental Mastery:** This refers to the ability to manage one's life.
3. **Personal growth**: This refers to being open to new experiences.
4. **Positive Reactions with others**: It refers to having satisfying, high quality relationships.
5. **Purpose in life**: It refers to believing that one's life is meaningful.
6. **Self – acceptance**: It refers to a positive attitude towards oneself and one's past life.

In this scale, each dimension having seven items rated on six point scale from strongly disagrees to strongly agree. The minimum and maximum score of the scale ranges from 42 to 252, hence, higher the score indicates higher degree of psychological well – being. The reported split-half reliability of the scale is .89; hence, it confirms the efficacy of the scale..



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2. **Undergraduate Resilience Scale:** For measuring undergraduate resilience is likely to be measured using a 21 items and other similar scale is also likely to be used depending upon the availability of the scale. This scale is adapted from Oshio et al. in 2002. In this resilience is conceptualized as a personality trait, wghich is considered as fixed and stable over time. The undergraduate resilience scale is selected because the scale is deigned for measuring resilience for the age group of 19 – to 22 years, which corresponds to the context of university undergraduates in India. Oshio A. Nakaya, M, Kaneko, H & Nagamine, S. (2002). Development and Validation of the Adolescent Resilience Scale. Japanese Journal of Counseling Science, 35, 57 – 65.
3. **Gratitude Questionnaire:** For measuring gratitude of the undergraduates, a six items questionnaire, developed by McCulloough, et al (2002) is likely to be used and other similar scale depending upon he availability of he scale is also likely to be used. The gratitude questionnaire – a six item form (GQ – 6) is a six item self report questionnaire designed to assess individual differences in the proneness to experience gratitude in daily life which was rated on 7 – point scale ranging from strongly disagree to strongly agree.
4. **Biographical Information Blank:** biographical information blank is also planned to be prepared by the researcher

**Procedure:**

The above mentioned all the three psychological tools along with Biographical Information Blank will be administered in printed form individually on all undergraduates those who are studying in different constituent and affiliated colleges of L. N. Mithila University, Darbhanga, India. After collecting the data on the above-mentioned tools, they will be scored according to the manual and the individual score will be obtained.

**Statistical Analysis:**

Appropriate statistical techniques will be applied for analyzing the data depending upon the design of research.

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**Results and Discussions:**

After obtaining the results of the study, the obtained results will be discussed in detail by highlighting appropriate reasons.

**Conclusions, Suggestions and Summary**

After discussing the obtained results the conclusions will be drawn and suggestions may be given, if needed. Finally whole research will be summarized in an appropriate style.

**Tentative Plan of the Present Proposed Research Work:**

Finally, the report of research work will be presented in the following chapters:

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| **CHAPTER - I:** | INTRODUCTION |
| **CHAPTER- II:** | REVIEW OF LITERATURE |
| **CHAPTER - III** | OBJECTIVES AND HYPOTHESES |
| **CHAPTER - IV** | METHODOLOGY |
| **CHAPTER - V:** | RESULTS & DISCUSSIONS |
| **CHAPTER - VI:** | CONCLUSION, SUGGESTION AND SUMMARY |

**REFRENCES**

**APPENDICES**

***Note: Minor changes may be done in due course, if needed during the process of research work.***

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